



**Dodge County
ADRC and Aging Programs**

**Aging and Disability
Resource Center (ADRC)**

920-386-3580

800-924-6407

FAX: 920-386-4015

hsagingunit@co.dodge.wi.us

Aging and Senior Dining

920-386-3580

Transportation

920-386-3832



Find us on
Facebook

Dodge County ADRC



www.co.dodge.wi.gov

ADRC Recipe Box brought to you by



Texas Caviar

Ingredients:

- 1/2 onion, chopped
- 1 green bell pepper
- 1 bunch green onions, chopped
- 2 jalapeño peppers, chopped
- 1 tablespoon minced garlic
- 1 pint cherry tomatoes, quartered
- 1 (15 ounce) can black beans, drained
- 1 (15 ounce) can black-eyed peas, drained
- 1/2 tsp ground coriander
- 1 bunch fresh cilantro
- 1 (8 oz) bottle zesty Italian dressing



From the kitchen of:
Blue Zones Project*

Directions:



In large bowl, mix together onion, green pepper, green onions, jalapeño peppers, garlic, cherry tomatoes, zesty Italian dressing, black beans, black-eyed peas, and coriander. Cover and chill in fridge approximately 2 hours.

Brought to Dodge County by Beaver Dam Community Hospitals

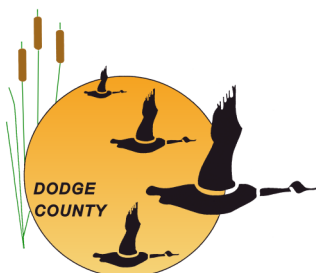
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**Henry Dodge Office Building
199 County Road DF
Juneau, WI 53039**



TO:



Connecting You with
Supports and Services



199 County Road DF - 3rd Floor • Juneau, Wisconsin 53039
920-386-3580 or 800-924-6407

ADRC/Aging Services Supervisor Report

From the Desk of Kris Schefft



On June 14, we held a celebration to recognize that the ADRC of Dodge County has been operating for 10 years! We had a “birthday party” showcasing our services and our collaborations with community coalitions and partners. The sun was out and we had a beautiful day with real summer weather. Close to 500 brats were served by WBEV/WXRO staff who did a live remote broadcast. We are excited to see what our next 10 years will bring!

If you have worked with staff, are enrolled in Family Care and would like to give feedback, you can head to our webpage to complete this survey or use the link here: <https://www.snapsurveys.com/>

Aging, Nutrition, and Transportation Supervisor Report

From the Desk of Amy Ewerdt

Our 3-year Aging Plan is up for review and we are reevaluating which programs are most beneficial to our Dodge County residents. Are you interested in Nutrition, Healthy Aging, Caregiver Support, Brain Health, or Advocacy? Do you participate in our Stepping On class or Home Delivered Meal program? Are you aware of our Dementia Caregiver support groups? We have a lot of helpful information and we want to share it with you.

Let us know how we can best support you and your needs by

contacting us or filling out our survey at <http://www.co.dodge.wi.gov/government/departments-a-d/aging-and-disability-resource-center/aging-disability-resource-center-survey>. Here's to another successful three years...with your help of course!

Thank you Dodgeland Elementary school for taking the time to



decorate bags for our participants of the Home Delivered Meal program. They will surely bring a smile to our participants' faces! If you know of another school, organization, or group that would like to decorate bags, please contact Amy.

July 2018

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The ADRC and
Aging
Programs in
Dodge
County
are just a
phone
call away!



920-386-3580
or
800-924-6407



Aging & Disability Resource Center of Dodge County

199 County Road DF - Juneau, WI

Staff Directory



ADRC/Aging Services Supervisor.....Kris Schefft
 Aging/Nutrition/Transportation Supervisor.....Amy Ewerdt
 Aging & Disability Resource
 Specialists.....Diane Coulter, Pam Couperus, Mary Delgado,
Heather Ehrlich, Lynn Lothen, Vicki Zimmerman
 Elder Benefit Specialist.....Amanda Higgins
 Disability Benefit Specialist.....Ashley Sanborn
 Dementia Care Specialist.....Rob Griesel
 Caregiver Programs Coordinator.....Catherine Knickelbein
 Community Education Coordinator.....VACANT
 Customer Service & Support Staff.....Jackie Wendlandt &
Jeannette Moon
 Transportation Staff.....Bev Behm &
Mitch Matuszeski
 Van Drivers.....Mark Callies, Mike Falkinham, John Leitner,
Dave Pasewald, Cindy Solberg, Bruce Wiese
 Dining Center Managers.....Patricia Beske, Kate Deakin,
Shirley Dibble, Inez Feilbach, Lisa Glamann,
Judy Hedstrom, Jane Hilgendorf, Barbara May,
Lynn Milkey, Rose Newman, Marcey Sage,
Judy Schraufnagel, Linda Voight, Linda Zastrow, Joan Zehner



I'm Jeannette Moon and I am the new part-time Customer Service/Support Specialist. I am here to answer the phones and Direct people to the right place. I also help maintain our resources and assist with the transportation and nutrition programs.

Before I started this position, I either worked as a CNA or in home health. I am going back to college for computer software development. I love fishing and watching hockey. I raise monarch butterflies during the summer.



Hello, my name is Mitchell Matuszeski. I recently replaced Pat Jacob, who after almost 48 years of dedicated service to Dodge County has retired. I'm not sure about 48 years, but I plan on being around for a while! I come to the ADRC



after working as a paramedic for a number of years. While I plan on continuing my EMS career part time, I am excited to begin my new journey with Dodge County.

I am married and have two beautiful daughters. I enjoy boating with my family, attending auctions, and ice fishing in the winter. My role here at the ADRC is the Transportation Coordinator. Along with Bev, we process requests for rides and schedule appropriate transportation for the individual who requested it. If you have any questions about the transportation program here at Dodge County, you can reach me at 920-386-3581. I look forward to assisting you!



*The Aging & Disability
Resource Center of
Dodge County
attends numerous
expos/events to gain
exposure in the
community and reach
out to individuals in
need of resources.
Look for us at
upcoming events!*





A Look Inside **DEMENTIA** We Are Dementia Live Trained!

Several Human Services and Health Department staff recently attended Dementia Live training facilitated by **AGE-u-cate**® Training Institute and are now able to teach to others in the community! Diane Coulter and Rob Griesel (pictured far right) are two of our ADRC staff that have been trained to teach!



Experience life with dementia first hand. This innovative program will enlighten you with a deeper understanding and greater empathy for persons with cognitive impairment. You will be empowered with new tools and techniques to improve communications, care processes, and tips to make dementia friendly changes to your home.

See page 7 for specific dates and times to experience dementia for yourself.



True or False: You burn more calories when you drink ice cold water?

True. It is true that you burn more calories when you drink ice cold water. The reason? Your body has to expend some energy (calories) raising the temperature of that water to bring it to your body temperature. However—and I'm really sorry that there is almost always a "however"—the number of additional calories we burn when we drink ice cold water is very small and likely would not affect weight-loss efforts.

Think about it: If losing weight were as simple as consistently drinking ice cold water throughout the day, we might actually be able to put a dent in today's obesity rates.

Our bodies are composed of between 60% and 70% water. Were you aware that your brain is 90% water, your blood is 83% water, your muscle is 75% water, and your bones are 22% water?

For more myth busting tips visit
www.wasmomwrong.com

Why Should You Wear Sunglasses?

Protect your eyes against sunlight. Ultraviolet light, which is invisible, has many damaging effects. UV-A and UV-B light can hurt the corneas, lenses, and retinas of your eyes. Blue visible light can also damage your retinas.

Tips for Making the Most Out of Your Sunglasses:

- ✓ Wear sunglasses whenever you are outside, even on cloudy days.
- ✓ You might need more than one pair of sunglasses depending on the time of day or activity.
- ✓ Only buy sunglasses that provide 100% protection from UV rays. Lightly-tinted and even clear lenses can provide just as much UV protection as darker tinted lenses.
- ✓ To guard against blue light, get some sunglasses that have yellow in the tint, such as amber, orange, yellow and plum.
- ✓ Before buying, go outside to natural light--colors are not the same when compared with fluorescent lights.



**Wisconsin Council of the
Blind & Visually Impaired**





2nd Friday of the Month: 2:30 to 4:00 pm
Hosted at alternating locations in Dodge County
Please Join Us!



Friday, July 13 Gallery Tour & Craft

UnMasked Expressive Therapies
 207 N. Spring St. - Beaver Dam



Friday, August 10 Topic: Fun with Fresh Produce

Dodge County Administration Building
 127 E. Oak St. - Juneau



Friday, September 14 Fall Nature Experience

Horicon Marsh Education & Visitor Center
 N7725 Hwy 28 - Horicon



**Space is limited and
 reservations are
 required. Please call
 the ADRC at
 920-386-3580
 to register today.**

Farmer's Market Tips

It's that time of year! From now until the end of October, visit your local



farmer's market for fresh fruit and produce. Here are some Farmer's Market Produce tips to help you get the best produce for your purchase.

Tomatoes

Buy It: Look for bright red color and smooth skin.

Store It: Cool, dark place, stem-side down. Storing in the refrigerator will change the taste.

Onion

Buy It: Onions should have dry, papery skins and be very hard.
Store It: Store in a well-ventilated, cool area. Wrap scallions (Green onions) and sweet onions in plastic and store in refrigerator.

Sweet Bell Pepper

Buy It: Look for firm, shiny, bright colored peppers with no browning or soft spots.

Store It: Store peppers in a plastic bag in the refrigerator for 3-4 days.

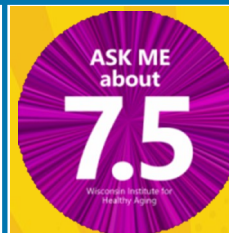
Herbs

Buy It: Choose herbs that are brightly colored and sturdy.



Avoid herbs that are brown or yellowed, or wilted. Herbs should have a strong, pleasant smell.
Store It: Cilantro will stay good for 2-3 days in the refrigerator and 1-2 days at room temperature. Parsley will stay good for 3-4 weeks in the refrigerator; don't store at room temperature. Store mint in the refrigerator in a resealable plastic bag.

Information cited from <http://eatfresh.org>



Research has shown that people with **POSITIVE** perceptions of aging **live 7.5 years longer**

than those who don't. And, they...

- ♥ Experience much higher rates of recovery from illness and injury
- ♥ Have better brain performance and improved memory
- ♥ Have a greater sense of control over their lives and a greater will to live
- ♥ Are more likely to talk to a doctor about health problems, get preventive care such as blood pressure screenings and flu shots, and pursue health promotion programs

Calling out ageism and thinking positively about growing older can make a difference in your health.

**Positive Views on Aging =
 7.5 Years Longer Life!**

All research conducted
 by Becca Levy, PhD, Yale
 School of Public Health





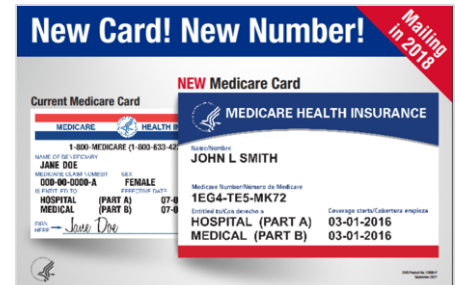
YOUR BENEFIT NEWS

Submitted by Amanda Higgins, Dodge County Elder Benefit Specialist



New Medicare IDs on the Way!

The Centers for Medicare and Medicaid Services (CMS) announced they it will start mailing the new Medicare cards with the new Medicare Beneficiary Identifier (MBI) in April 2018. The cards will be mailed out in phases by geographic region. Wisconsin Medicare beneficiaries can expect to receive their new cards after June 2018.



The new Medicare cards will still be red, white, and blue but will no longer have your Social Security number, gender, signature, or other personal information that could compromise your identity. Each person who is enrolled in Medicare will receive a new card with his/her new MBI. The MBIs are 11 characters long, and they are randomly assigned so that there is no connection to your other personal data. Here is the mailing schedule:

- Delaware, the District of Columbia, Maryland, Pennsylvania, Virginia, West Virginia: April-June 2018
- Alaska, American Samoa, California, Guam, Hawaii, Northern Mariana Islands, Oregon: April-June 2018
- Arkansas, Illinois, Indiana, Iowa, Kansas, Minnesota, Nebraska, North Dakota, Oklahoma, South Dakota, **Wisconsin: After June 2018**
- Connecticut, Maine, Massachusetts, New Hampshire, New Jersey, New York, Rhode Island, Vermont: After June 2018
- Alabama, Florida, Georgia, North Carolina, South Carolina: After June 2018
- Arizona, Colorado, Idaho, Montana, Nevada, New Mexico, Texas, Utah, Washington, Wyoming: After June 2018
- Kentucky, Louisiana, Michigan, Mississippi, Missouri, Ohio, Puerto Rico, Tennessee, Virgin Islands: After June 2018

Before the mailing begins, you should make sure Medicare has your correct address. The Social Security Administration (SSA) will be preparing and mailing the cards. If you need to update your address, you can contact SSA at ssa.gov/myaccount or by calling 800-772-1213.

Make sure to check your mailbox regularly until your new card arrives. At the latest, you will receive your new card by December 2019. You should continue to use the Medicare card you have now until you receive your new one in the mail. Once your new card arrives, you should destroy your old Medicare card and start using your new card right away. Remember: you should only give your new MBI to doctors, pharmacists, other health care providers, your insurance company, or people you trust to work with Medicare on your behalf.

CMS **will not** call or email you about your new card – you will only receive information by postal mail. Beware of anyone who contacts you about your new Medicare card. Scammers have already tried to trick beneficiaries into providing personal information or paying money for their new cards. Your new card is free. If anyone calls or emails you about your new or old Medicare number, hang up or delete the message.



LOCAL HELP FOR PEOPLE WITH MEDICARE

Published with permission from the Legal Services Team at the Greater Wisconsin Area on Aging Resources' Elder Law & Advocacy Center



The Importance of Intergenerational Relationships



One of the most important parts in aging well is remaining engaged in our communities. This may include time with your grandchildren! A significant number of grandparents – **approximately 2.9 million** will make their grandchildren breakfast, organize their activities, and help with homework in the evening. The role grandparents play in their grandchildren's life vary, and in some cases our wide family networks offer multiple people who can step in as grandparents, to give that extra attention parents may not be able to give. Enjoy summer and spend some extra time with your grandkids while you can!

My favorite activity to do with my grandpa and grandma alto is going to Feils With them. I also like going to deposit money that makes them special.

To: grandma & grandpa
From: Brenna

What i like about you
i like when you come to my
game's and watch my play
my ^{soft}ball games and when you give
us the money for a snack at
the concession ~~stands~~ stands
when we are hungry or thirsty
that is what i like about you.
the end

GRANDPARENTS
fill the world
with LOVE

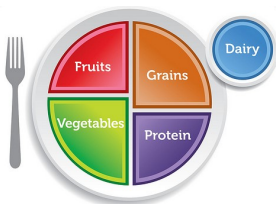


I like going to the Pizza Ranch because it's fun and I like talking to Grandma and Grandpa. They are special because I like the way they are to me.





Senior Dining Menu



| | Mon | Tues | Wed | Thurs | Fri |
|---|-----------------------------------|--|--|--|----------------------------|
| J U L Y | 2 Pot Roast | 3 Bratwurst on a Bun | 4 CLOSED Independence Day | 5 Chicken Breast | 6 Hawaiian Meatballs |
| | 9 Roast Pork Loin | 10 Pepper Steak | 11 Chicken Tetrazzini | 12 Ham Rolls | 13 Salmon Loaf |
| | 16 Honey Mustard Meatballs | 17 Chili Casserole | 18 Baked Chicken | 19 Liver and Onions | 20 Mushroom Pork Cutlet |
| | 23 Roast Turkey | 24 Meatloaf | 25 Chicken Cacciatore | 26 Chopped Steak in Burg/Mush Sauce | 27 Lasagna Casserole |
| | 30 Swiss Steak | 31 Baked Chicken | | | |
| A U G U S T | | | 1 BBQ Pork Cutlet | 2 Beef Frank on a Bun | 3 Swedish Meatballs |
| | 6 Chicken Teriyaki | 7 Baked Spaghetti | 8 Country Fried Steak | 9 Glazed Ham | 10 Fruited Chicken |
| | 13 Salisbury Steak | 14 Baked Chicken | 15 Mushroom Pork Cutlet | 16 Beef Stroganoff | 17 Smoked Sausage |
| | 20 Cranberry & Kraut Meatballs | 21 Chicken Breast | 22 Meatloaf | 23 Escalloped Potatoes | 24 Roast Turkey |
| | 27 Pot Roast | 28 Crispy Fish Fillet | 29 Baked Chicken | 30 Hawaiian Meatballs | 31 Swiss Steak |
| S E P T E M B E R | 3 CLOSED Labor Day | 4 Pork Steak | 5 Chicken, Broccoli, and Rice Casserole | 6 Ham Rolls | 7 Pepper Steak |
| | 10 Chicken Marsala | 11 Chopped Steak in Burg/Mush Sauce | 12 Lasagna Casserole | 13 Honey Mustard Meatballs | 14 Bratwurst on a Bun |
| | 17 Roast Pork Loin | 18 Beef Stew | 19 Country Fried Steak | 20 Orange Chicken | 21 Pork Jaegerschnitzel |
| | 24 Beef Ring Bologna | 25 Baked Chicken | 26 Meatloaf | 27 Chicken Tetrazzini | 28 BBQ Meatballs |
| | | | | | |



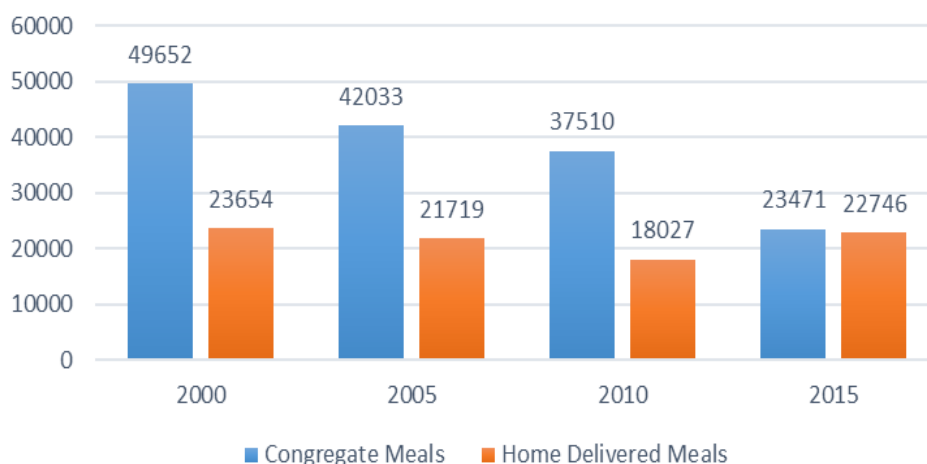
AMY'S FIT BITS!



The Dodge County Senior Dining Program began service back in 1977 with five congregate meal sites. The Beaver Dam, Hustisford, Horicon, Mayville, and Juneau sites were the first to open that year. Lomira was next in 1978. Fox Lake, Lowell/Reeseville, and Bay Shore in Beaver Dam all came aboard in 1979. Watertown started in 1980. Lastly, Randolph was up and running in 1988.

Congregate dining was extremely popular back then, but the numbers have been shifting over the past 10 years as the need for home delivered meals increased. Dodge County supports the need to restructure our current Senior Dining Program in order to meet these changing needs for our residents. By decreasing the number of unattended or duplicate dining centers and increasing the number of home delivery routes, we will be able to serve more residents who otherwise would not be able to receive meals.

**Dodge County Senior Dining
Participant Changes over the Past 15 Years**



Due to this expansion of the Dodge County Home Delivered Meal Program, we are currently looking for volunteers to help with delivering meals in the areas of Beaver Dam, Brownsville, Hustisford, and Watertown. If you have been looking for a way to reach out and help, here is your chance! If you can commit to one hour for one day a week or even one day a month - we need you! Please call me, Amy, at 920-386-3583 and I will be happy to assist you.

Our programs would not be successful without the help of all our volunteers. We welcome individuals, parents with children, churches, businesses, groups, or clubs - anyone who is anxious to play a part in this great service!



This year the Senior Dining Program paired with Blue Zones for a food demo during the Senior Market Nutrition Program (SFMNP) distribution. Pictured to the left is a Blue Zones volunteer preparing texas caviar during the distribution at the Mayville Senior Center on June 18. The SFMNP provides eligible seniors with \$25 in vouchers to use at area farmers' markets and participating

roadside stands to help stretch their food dollars. These vouchers may to be used to purchase Wisconsin grown fruits, vegetables, and herbs. Turn to page 10 for produce tips to maximize your next trip to your next farmer's markets. The recipe for texas caviar can be found on the back of our newsletter! Mmmm!!



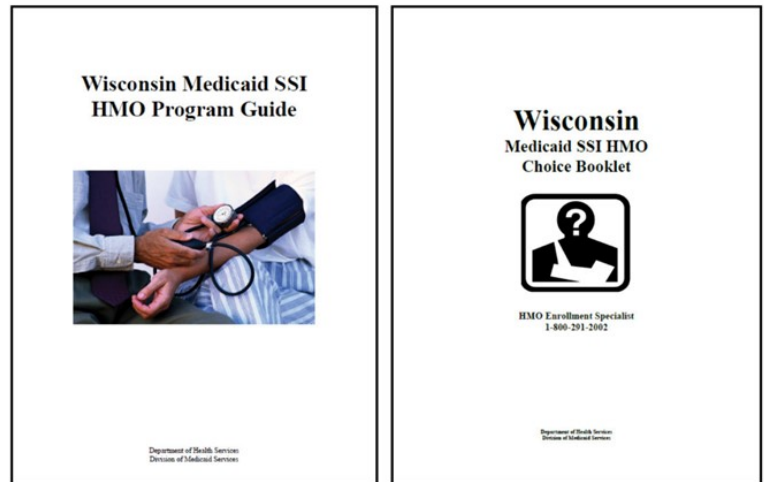


Disability Benefit Specialist News

HMO Enrollment Changes for Adult Medicaid Members

Starting this year most individuals with Supplemental Security Income (SSI) who are also on a Medicaid program, must enroll in an HMO program. Dodge County residents affected by this new policy will see changes starting June 2018.

If you have not chosen an HMO plan, you will be auto-enrolled. This could negatively impact your out-of-pocket expenses if your doctors are no longer in the network you were auto-enrolled into. Please watch for these letters in the mail. Individuals with questions can call the HMO enrollment specialist at 1-800-291-2002.



Check your mail for these important documents.

WisLoan for Independence



Loreen and her husband share a passion for the outdoors. They actively hunt and fish and love spending time outdoors with their dogs, children, and grandchildren. When

Loreen was diagnosed with Primary Progressive Multiple Sclerosis, she began losing her mobility. She was able to get around with a walker but it was continuing to get more difficult if she was not on a flat and solid surface. She was losing her ability to do the things she loved with the people she loved.

Loreen learned about Action Trackchairs, power wheelchairs that have tracks for wheels so that they are able to be an all-terrain chair. Loreen knew the chair would help her greatly but could not afford to pay for an Action Trackchair out of pocket. Loreen contacted Access to Independence and inquired about the WisLoan program. The WisLoan program is an alternative financing

program that allows Wisconsin residents with disabilities to finance assistive technology, home modifications, or other equipment to be more independent.



Staff from Access to Independence assisted Loreen with her WisLoan application and Loreen was approved! Loreen was able to purchase an Action Trackchair and is now spending time with her grandchildren and dogs in the great outdoors like she always has!

If you would like to know more about how the WisLoan program can work for you, call Access to Independence today at 608-242-8484!

Submitted by Nick Isham
Work Incentives Benefits Specialist





What does **"Evidence Based"** mean? Evidence-based prevention programs are interventions that are based on evidence that is generated by scientific studies. The evidence shows that the program is effective in preventing disease and improving health. These programs have gone through a research process to determine if they show the results that are intended by the program. The program results have also been published in professional scientific journals. For example: a program that is designed to increase in physical activity actually happens after the participants complete the program.

All evidence based programs are typically offered twice a year.



Questions on any of our offered classes? Want to get on a waiting list for a class?

Please call the ADRC today!



ON THE CAREGIVER FRONT

Some facts for you to think about:

1. Caregivers come in all ages.
2. YOU are a caregiver if you regularly help a family member, neighbor, or friend with tasks they can not easily do themselves.
1. Most Americans will be informal caregivers at some point in their lives.
2. One out of every four family caregivers are also caring for children under age 18.
1. Kids are often helping to provide care.
2. 2.9 billion US grandparents are caregivers for their grandchildren.
1. Family caregivers in the US provide more than \$500 billion worth of services.
2. 30% of caregivers die before the person they are caring for and 70% of caregivers over 70 years of age die before the person they are caring for.
3. 60% of caregivers are still working.
4. And 60% of caregivers are women.

Please call the ADRC for information on caregiving and programs to help with it -- including a new support group starting in August!

The Aging & Disability Center is the best source of information for older adults and individuals with disabilities in Dodge County.

I'd like to receive the ADRC newsletter at home!

Please add my name to your mailing list.

Name _____

Address _____

City _____ State _____ ZIP _____



Mail to:

ADRC of Dodge County
199 County Road DF - 3rd floor
Juneau, WI 53039





CALENDAR OF ADRC EVENTS

**If you would like more information
or would like to register for any
of the following events, please call
the ADRC at 920-386-3580**

No Dodge County Pro Bono July 1

Dodge County Pro Bono Legal Information Project
Meets 1st Wednesday of every month
Held at the Henry Dodge Office Building in Juneau

July 11 from 10-11:30 am

What Does it Mean to be Dementia Friendly?
Held at the Henry Dodge Office Building in Juneau

July 11 from 1-4 pm

Welcome to Medicare Workshop (ages 60+)
Held at the Henry Dodge Office Building in Juneau

July 12 at 11 am , 12 pm, & 1pm

August 30 at 1 pm, 2 pm, & 3 pm

A Look Inside Dementia - Dementia Live
Experiences
Held at the Columbus Area Senior Center

July 13 from 2:30-4:30 pm

SPARK! Cultural Programming for People with
Memory Loss
Held at UnMasked Expressive Therapies in
Beaver Dam
Meets at various locations in Dodge County the
2nd Friday of the month

July 17 from 1-2 pm

What Does it Mean to be Dementia Friendly?
Held at the Waupun Senior Center in Waupun

July 19 from 4-6pm

Free "ABCs of Medicare" Workshop
Held at Watertown Regional Medical Center

August 1 from 1-4 pm

Dodge County Pro Bono Legal Information Project
Meets 1st Wednesday of every month
Held at the Henry Dodge Office Building in Juneau

August 7 from 1-2 pm

Monthly Caregiver Support Group
Meets 1st Tuesday of every month
Held at the Henry Dodge Office Building in Juneau

August 8 from 10:30-2:30 pm

Train the Trainer Workshop
Held at the Henry Dodge Office Building in Juneau

August 9 from 1-4 pm

Welcome to Medicare Workshop (for all ages)
Held at the Henry Dodge Office Building in Juneau

August 10 from 2:30-4:30 pm

SPARK! Cultural Programming for People with
Memory Loss
Held at Dodge County Administration Building in
Juneau
Meets at various locations in Dodge County the
2nd Friday of the month

August 21 at 11:30 am

A Look Inside Dementia - Dementia Live
Experience
Held at the Lomira Quad/Graphics Community
Library

September 5 from 1-4 pm

Dodge County Pro Bono Legal Information Project
Meets 1st Wednesday of every month
Held at the Henry Dodge Office Building in Juneau

September 11 at 10:30 & 11:30 am

A Look Inside Dementia - Dementia Live
Experiences
Held at the Horicon Public Library

September 12 from 9 am-12 pm

Welcome to Medicare Workshop (for all ages)
Held at the Henry Dodge Office Building in Juneau

September 14 from 2:30-4:30 pm

SPARK! Cultural Programming for People with
Memory Loss
Held at Horicon Marsh Education & Visitor Center
in Horicon
Meets at various locations in Dodge County the
2nd Friday of the month